

# FLIGHT JACKET

Vol. 10 No. 28

Marine Corps Air Station Miramar, Calif.

July 25, 2008

## Civilian Marines graduate from inaugural police course

**LANCE CPL. CHRISTOPHER O'QUIN**

Combat Correspondent

Wednesday morning, Marines and the newest members of the Marine Corps Air Station Miramar Marine Corps Civilian Police greeted station personnel as they entered the station gates.

The first ten graduates of the Marine Corps Air Station Miramar Marine Corps Civilian Police course stood their inaugural post as Marine Corps civilian police officers after graduating Tuesday.

Homeland Security Solutions Inc. instructors, who specialize in security and law enforcement training, taught the trainees during the nine-week course, which began May 19.

"It's our job to make sure they

have all the training that a Marine Corps installation needs," said Ted Borkowski, the site supervisor and lead instructor. "Headquarters Marine Corps has mandated that every Marine Corps civilian police officer be trained with the same course, which mirrors the Marine Corps Military Police Academy."

During the course, the trainees logged 356 hours and learned weapons handling, defensive tactics, patrol methods, riot control and how to perform vehicle searches. Throughout the course, Marines assisted with training by performing patrols with the trainees.

"It feels good to complete all

GO TO POLICE, PAGE 3

## Marines return home

**LANCE CPL. AUSTIN GOACHER**

Combat Correspondent

More than 250 Marines and sailors with Marine Wing Headquarters Squadron 3, Marine Aircraft Group 16, Marine Aviation Logistics Squadron 16, MALS 11 (Reinforced) and 2nd Battalion 24th Marines, a reserve unit from Chicago, returned to their families here Monday.

The families cheered as an aircraft carrying the service members landed and taxied on the flight line. Shortly after the

plane stopped moving the men and women aboard began to file out.

The Marines and sailors served in the al-Anbar province of Iraq during their seven-month deployment.

"It's great to have our Marines back safe and sound," said Gunnery Sgt. Chad A. Luers, the company first sergeant for MWHS-3. "I know they did great things over there."

The Marines were overjoyed to be returning to their families,

GO TO HOMECOMING, PAGE 5

## Welcome back MACG-38



Staff Sgt. Leonard Langston

Sgt. Brett Himes kisses his one-month-old son for the first time July 18 after a seven-month deployment. Himes, a switchboard operator with Marine Wing Communications Squadron 38, MWCS-37, and Marine Air Control Group 38 returned with approximately 70 Marines who were deployed to the al-Anbar province of Iraq where his unit provided communications support to 3rd Marine Aircraft Wing (Forward) and I Marine Expeditionary Forces.

## Greyhawks retire 'Sea Knights'

**LANCE CPL. CHRISTOPHER O'QUIN**

Combat Correspondent

The blades of two CH-46E "Sea Knight" helicopters spun for one last time as pilots with Marine Medium Helicopter Squadron 161, Marine Aircraft Group 11 (Reinforced), 3rd Marine Aircraft Wing flew to Davis-Monthan Air Force Base, Ariz., Tuesday.

The squadron retired the helicopters to the Aerospace Maintenance and Regeneration Group as part of a required phasing dictated through Headquarters Marine Corps Aviation Command.

"We are sending these 46's to the boneyard because after so many flight hours, we have to retire them," said Capt. John G. Fletcher, a pilot with squadron. "They're

good aircraft and have flown generations of Marines into the fight."

One of the retiring CH-46E's, has flown missions since 1968, logging more than 10,800 flight hours. The other has logged more than 9,900 hours since its creation in 1970. Throughout the aircraft's history, they participated in assault

GO TO RETIRE, PAGE 4

### MCAS Web site

Want to know all the buzz? Then check out the Flight Jacket online.

www.miramar.usmc.mil



### MARINE TAPPED FOR BLUE ANGELS

3rd MAF F/A-18 pilot selected for different type of wings. For full story, see page 14.



### VOTING GUIDELINES

Voting is a right many Americans can take for granted. Get out and vote this election season. To read more about voting guidelines, see page 4.

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## The spirituality of tools

**KEVIN KENNEDY**  
Director of Faith Formation

I was adjusting the valves on my old Honda Silverwing when I remembered the title of a book that came out in the early 1970's. It was called, "Zen and the Art of Motorcycle Maintenance." It was a huge bestseller at the time. I didn't read it then, but since I was here, doing motorcycle maintenance, I quickly found the book at the library and began to read.

Quite frankly, Robert Pirsig's masterpiece is a mess and has little to do with either Zen or motorcycle maintenance, but he makes some good points about our approach to life. He writes that the act of diagnosing mechanical problems on something like a motorcycle is a highly dignified function of the highest human intelligence.

In trying to think like an engine, using our imagination and knowledge, intelligence can dissolve the boundary between interior and exterior worlds, which is where the Zen idea comes in. The mediating instrument can be a tool.

Many spiritual traditions have the highest respect for tools. In the sixth century, St. Benedict, the father of Western monasticism, wrote in his rulebook: "The tools of the monastery should be treated as sacred vessels of the altar."

With St. Benedict, we begin to see a deeper appreciation for skilled manual labor, which had previously been the work of slaves. The parallel between everyday tools and the vessels of the altar implies that our work can be a source of profound religious experience.

The divine is not only manifest in our worship and prayer, but can also be present in our manual labor, depending on the spirit we bring to our work.

Casual and sloppy work is indicative of a shallow person who never penetrates reality to its fullest extent. I find that doing the mechanical work on my motorcycle is a highly satisfying activity. There is even joy, like when you replace a head gasket and it fires right up and runs beautifully.

It's something to thank God for.



## Captive Nations Week

**A Proclamation by the President of the United States of America**

Freedom is the longing of every soul and the birthright of all mankind. During Captive Nations Week, we underscore our commitment to advancing democracy, defending liberty, and protecting human rights around the world.

It is in our Nation's interest to help those who are suffering under oppressive regimes defeat the ideologies of hate with an ideology of hope. Advancing the cause of liberty advances the cause of peace. A free society upholds justice and defends human dignity. Over the years, many have underestimated the power of freedom to overcome tyranny, but history has shown us that freedom will prevail.

In the 20th century, the evils of Soviet communism and Nazi fascism were defeated and freedom spread around the world as new democracies emerged. Today, our Nation faces new struggles with adversaries who murder the innocent and seek to subject millions to their violent, totalitarian rule. Still, we remain confident that the light of liberty will again overcome this darkness.

To bring that day about, we must support young democracies in places like Afghanistan and Iraq. In countries like Belarus, Burma, Cuba, Iran, North Korea, Sudan, Syria, and Zimbabwe, people continue to live under oppressive regimes, and we will work for the day when all these nations are free. By opposing these despots and helping young democra-

cies grow, we will lay the foundation of peace and prosperity for generations to come. Throughout Captive Nations Week, we renew our pledge that as people across the world find their own paths to freedom, they will also find a friend in the United States of America.

The Congress, by Joint Resolution approved July 17, 1959 (73 Stat. 212), has authorized and requested the President to issue a proclamation designating the third week in July of each year as "Captive Nations Week."

**NOW, THEREFORE, I, GEORGE W. BUSH**, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim July 20 through July 26, 2008, as Captive Nations Week. I call upon the people of the United States to reaffirm our commitment to all those seeking liberty, justice, and self-determination.

**IN WITNESS WHEREOF**, I have hereunto set my hand this eighteenth day of July, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

## Religious Services

The Chaplain's Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain's Office at 858-577-1333, or visit [www.miramar.usmc.mil](http://www.miramar.usmc.mil).

### Sunday:

9 a.m. Protestant Worship Service  
9:30 a.m. Protestant Children's Worship  
11 a.m. Roman Catholic Eucharist

### Religious Education/Sunday:

9:30 – 10:45 a.m. Catholic CCD Children K-12  
10 a.m. Protestant Adult Bible Study  
Wednesday 6 – 7 p.m. Baptist Service

### Weekday Worship Service:

Monday – Friday 11:30 a.m. Catholic Mass  
Monday 6:30 p.m. Contemporary Praise and Worship Service  
Wednesday 7 p.m. Baptist Service

### Islamic Worship Service:

Islamic Center of San Diego 858-278-5240  
[www.icsd.org](http://www.icsd.org)

### Jewish:

Jewish Outreach at 858-571-3444  
[www.jewishinsandiego.org](http://www.jewishinsandiego.org)



## POLICE,

CONTINUED FROM PAGE 1

the training and become a certified civilian police officer,” said Gabriel Hill, a former military police officer. “I did this as a Marine. Now I can still protect and serve as a civilian.”

The newly-trained civilian police officers will replace positions once held by Marines aboard the installation as specified in Marine Corps Administrative Message 432/05.

“This does not replace the military occupational specialty of the military policemen but provides extra assistance and relief for the Marines serving aboard the station,” said Capt. Charles Pollok, the deputy provost marshal with the station provost marshal’s office. “The new additional civilian police positions can give the Marine military police officers a chance to train and prepare more for deployments, putting more troops on the front line of

the war on terror.”

The new police officers fill positions as patrolmen, integrated with Marines, explained Pollok. After graduation, they will have the same jurisdiction as their military police counterparts. The increased number of police officers will add to the safe environment the provost marshal’s office strives to create.

“We strive to make sure they are confident in their abilities and training,” said Borkowski, a former Marine military police officer. “People aboard the station trust them with millions of dollars worth of equipment and their lives.”

For some of the trainees, the course came as second nature.

“It’s review for some of us because of our prior experience as military police officers,” said Hill. “Basically, it’s a different type of uniform but a lot of the same work I did while in the Corps.”

To make the selection, the trainees need to pass a board



Lance Cpl. Christopher O'Quinn

Ten civilians graduated from the Marine Corps Air Station Miramar Marine Corps Police Department Course at the Bob Hope Theater Tuesday after completing the nine-week course. Homeland Security Solutions Inc. and Marines with the Provost Marshal's Office here plan to train more civilians to work aboard the station as patrolmen throughout the year.

interview process, explained Pollok. If choosing to accept the applicant, the Human Resources Office will notify them. The next process consists of a background check, physical exam, physical agility exam, and psychological

profile.

“They are squared away,” said Borkowsky. “They are more than qualified to serve aboard Miramar.”

Prior service military and civilians interested in protecting

and serving aboard the station can contact the Human Resources Office here at 858-577-1377 for more information about station law enforcement job opportunities.



# Guidelines for voting in 2008 presidential election

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

In the early years of America's history, the only people who could participate in presidential elections were white men who owned land. Today every U.S. citizen 18 years old or older has the opportunity to vote.

"I encourage all Marines, and other service members attached to a Marine command, all authorized family members and civilian Marines to exercise their right to vote in person or

by absentee ballot," said Gen. James T. Conway, commandant of the Marine Corps, in a recent All Marine Message.

With Nov. 4 drawing closer, Marines and sailors who are not residents of California can request absentee ballots for the 2008 presidential election.

Those who can request absentee ballots include voting-eligible U.S. citizens, service members on active duty or a family member living with someone on active duty.

GO TO VOTE, PAGE 5

## RETIRE, CONTINUED FROM PAGE 1

support, casualty evacuation and several other missions from the jungles of Vietnam to the sands of Iraq.

"It's kind of sad to see the 'Sea Knight' phased out," said Cpl. Jonathan Harris, a crew chief with the squadron.

Before the helicopters departed for the boneyard, maintainers and ordnance technicians prepared the aircraft for retirement by removing various components.

"Things like armor plating, test equipment and encrypted communication gear are removed before we take them to the boneyard," said Gunnery Sgt. Lewis G. Young, a crew chief with the squadron. "By removing the gear we can reuse it

with the other helicopters."

After removing the equipment, pilots, crew chiefs and maintainers accompanied the helicopters to the Air Force base, where personnel began preserving it.

When the military retires aircraft, it is sent to the AMARG long-term storage, explained Young. Facility personnel replaces all fluids with preservation fluid and a preservation paper which reduces corrosion and weathering.

"Because of the hard work of the maintainers and the careful maneuvering of the pilots, these helicopters have lasted very long," said Capt. William J. Murphy, the pilot in charge of the flight, with the squadron. "They've served the Corps well and the squadron will continue flying the CH-46E's as long as the Marine Corps needs them."



Lance Cpl. Christopher O'Quin

(From left to right) 1st Lt. Adam J. Gengler, Capt. John G. Fletcher and Cpl. Jonathan Harris, the last crew of Aircraft 10, stand in front of the helicopter Tuesday before taking off for Davis-Monthan Air Force Base, Ariz., to retire two CH-46E "Sea Knights."

## VOTE,

CONTINUED FROM PAGE 4

To request a ballot, Marines and sailors can pick up applications from the nearest post office.

The postage paid application, known as a Federal Post Card Application, should be mailed directly to the service member's local election official, according to [www.fvap.gov](http://www.fvap.gov), the Federal Voting Assistance Program Web site.

Marines who want to vote in their home states should submit the request to the last state they resided in before joining the Corps or the last state in which they claimed legal residence, according to the Web site.

Voters should submit their applications at least 45 days prior to the election to ensure they receive the ballot before the official election, according to the Web site.

Different states have different deadlines for when applications and ballots should be submitted.

Once someone has registered to vote by absentee ballot in a federal election, they remain registered until two regularly scheduled federal elections have passed, according to the Web site.

Marines interested in voting can visit [www.manpower.usmc.mil/voting](http://www.manpower.usmc.mil/voting) or [www.fvap.gov](http://www.fvap.gov) for more information about how to register and their state specific guidelines. They can also visit their unit's voting assistance officer.



## HOMECOMING,

CONTINUED FROM PAGE 1

said Lance Cpl. Michael Hartley, a cryogenics technician with MALS-11.

"Being away from my family was the hardest part of being deployed," said Hartley. "It's amazing knowing that I'm finally back here with them."

Others such as Lance Cpl. Kenneth Clayton, also a cryogenics technician with MALS-11, returned as expectant fathers. Clayton's wife, now seven months pregnant, greeted him on the flight line.

"It was an indescribable feeling seeing her for the first time in so long," said Clayton. "I'm glad I'll be back for the birth of our child."

After a short break the Marines will return to work and continue their daily jobs preparing for their next deployment in support of Operation Iraqi Freedom.



Lance Cpl. Austin Goucher

Lance Cpl. Kenneth Clayton, a cryogenics technician with Marine Aviation Logistics Squadron 11 (Reinforced), sees his pregnant wife for the first time in seven months. His wife, Hope, is seven months pregnant and was excited to have her husband home to be with her during the last trimester of her pregnancy.



Lance Cpl. Austin Goacher

Assistant fire chief Greg Magill was recently named the 2007 Marine Corps Fire Officer of the year. Magill earned the honor for work he performed while serving as the training division chief with the Marine Corps Air Station Miramar Fire Department. Magill has served aboard Miramar for the last 17 years.

## Firefighter earns top Marine Corps honor

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

The Marine Corps Fire Protection and Emergency Services recently named Assistant Fire Chief Greg Magill the Marine Corps Fire Officer of the Year.

Civilian firefighters throughout the Corps competed for the honor.

Magill earned the honor while serving as the Marine Corps Air Station Miramar Fire Department's training division chief and serving in several other capacities within the department.

His work in the training section has revolutionized how the firefighters here train, explained Jerry P. Sack, the fire chief here.

"He completely rewrote the training program," said Sack.

Organization helps ensure success, according to Magill, who maintains a year-long calendar of training events. Each month a calendar is passed out to each individual firefighter and each month the firefighters participate in a variety of training exercises and classes.

"If you know what you're doing

in any situation, it's much safer to be out there. Our goal is to always come home safely," said Magill.

Magill's training isn't limited to just on-the-job situations; he also works individually with the firefighters, according to Sack.

"His hands-on approach to everything he does really helps him con-

nect with the firefighters," said Sack.

According to the award letter of recommendation from the station's commanding officer, Col. Christopher E. O'Connor, the assistant chief applies his 17 years of technical experience along with his degree in fire science to real life situations.

"During the fires last year, he was a strike team leader trainee, meaning he was in charge of five engines and 20 firefighters. They went to Camp Pendleton to help with the fires there," said Sack.

"They all successfully returned with-

out injury."

During his time as a firefighter, Magill transitioned from serving aboard Naval Air Station Miramar, where he began his career in 1991, to serving aboard MCAS Miramar when the Marines took over.

"He's earned honors throughout his career here and this is another mark of his superior performance," said Sack. "He's been the station's firefighter of the year on more than one occasion."

Magill could add another title to his accolades in August at the International Association of Fire Chiefs' Conference in Denver.

The Department of Defense Civilian Fire Officer of the Year, which is decided from among the FOYs of the Air Force, Army, Navy and Marine Corps, will be announced.

Sack sees another possible accolade in the future of Magill.

"He's prepared himself well to be a future fire chief somewhere," said Sack. "His capabilities are endless."

**"His hands-on approach to everything he does really helps him connect with the firefighters. "**

**Jerry Sack**  
MCAS Miramar Fire Chief



# Station firefighters help raise awareness for burn victims

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

**SAN DIEGO** – Dozens of firefighters from across the county gathered aboard Marine Corps

Air Station Miramar Saturday with their fire engines prior to beginning the Burn Run parade and ended at the 2008 Fire Expo.

The firefighters and their engines traveled throughout the

county, meeting with various local officials, while gathering donations for the San Diego Burn Institute.

“Our department alone raised \$5,500 dollars,” said Dustin

Kuhn, a firefighter with the MCAS Miramar Fire Department. “Overall, the firefighters raised more than \$216,000 for the Burn Institute.”

The Burn Institute, a local nonprofit organization, helps educate people about burns and helps burn survivors adapt to their new lifestyle, according to Jeff Chumbley, the fire chief of the Carlsbad Fire Department and the president of the firefighter advisory council for the institute.

“The institute works closely with the local fire departments because we both have the same goal,” said Chumbley. “Anytime anyone gets burned the institute sends someone over to talk with the victim and to help the families.”

The money raised will help fund education opportunities and an annual camp for children burn survivors, according to

Chumbley.

“The camp is an opportunity for survivors to interact with one another and it’s an opportunity for them to feel comfortable with their scars,” said Chumbley.

Other fire departments participating in the parade included the Intermountain Fire Department, the San Pasqual Reservation Fire Department, the Rancho Santa Fe Fire Department, the Poway Fire Department and the Marine Corps Base Camp Pendleton Fire Department. The California Highway Patrol also participated in the event.

The parade ended at Qualcomm Stadium in San Diego during the 2008 Fire Expo, an event which showcased various local fire agencies and emergency response units.

For more information about the San Diego Burn Institute, visit [www.burninstitute.org](http://www.burninstitute.org).



*Lance Cpl. Austin Goacher*

The Marine Corps Air Station Miramar Fire Department was one of several San Diego fire departments to participate in the Burn Run parade Saturday to raise money for the San Diego Burn Institute. The parade ended at Qualcomm Stadium at the 2008 Fire Expo. The departments raised more than \$216,000 to help educate people about burns and to help burn survivors.



Lance Cpl. Christopher O'Quin

The VFW and other local organizations served more than 3,000 steak dinners to Marines and sailors aboard MCAS Miramar July 17. Members of the VFW viewed the event as an opportunity to give back to those currently serving in the U.S. military. During the event the organizations also raffled off several items including Padres memorabilia, movie tickets and Marine Corps merchandise.

## Marines get beefed up Local VFW hosts BBQ for active duty service members

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

The smell of steaks sizzling on grills replaced the smell of jet fuel and exhaust when members of the Veterans of Foreign Wars, the VFW Women's Auxiliary, and local organizations visited Marine Corps Air Station Miramar to show their support to the local Marines with a free barbeque, July 17.

During the three-hour event, hundreds of active-duty Marines and sailors got their hands on two-inch-thick steaks, potato salad, corn bread and other foods.

"We set up enough funding to feed 3,500 service members," said James E. Kokas, the military services committee chairman for the Department of California VFW. "We wanted to give back to service members and give them something a lot of veterans never received when they returned from Vietnam.

"As generations grow older, we hope these new veterans will see what we're doing and do the same for future veterans," said Kokas.

More than 70 volunteers

from the station and VFW chapters located throughout California helped serve food and clean tables during the barbeque.

Pinnacle Peak, a local restaurant, and the Defense Commissary Agency provided the steaks.

"It's awesome," said Sgt. Matt D. Smith, an operations clerk with Marine Aerial

Refueling Transport Squadron

352, Marine Aircraft Group 11 (Reinforced), 3rd Marine Aircraft Wing. "The steaks were juicy, thick and free. I look forward to events like this every year."

In addition to the food, Marines and sailors were able to enter a raffle and win such prizes as a Padre's jersey and theater tickets.

"This was the first time the VFW has done something like this aboard Miramar and we hope to do something like this in the future," said Robert E. Wallace, the executive director for the VFW. "It's all about community and building it with the service members and civilians."





# Child, Youth, Teen Center provides free lunches for kids

**CPL. TRAVIS V. EASTER**  
Combat Correspondent

Marine Corps Community Services' Miramar Child, Youth and Teen Center is giving away free lunches to children between two and 18 years old everyday from 12-12:30 p.m. at the Youth Sports Complex this summer as part of its Summer Food Service Program.

The program gives kids a chance to have a healthy lunch instead of going to a fast food place or going without a lunch, according to Alisha Harrison, the lead program assistant with the teen center.

"We want to serve the kids in our community," said Harrison. "Kids serve too and it's important to acknowledge their sacrifices as well. They take on a lot of responsibilities when their parents are deployed. They need to know that there are people who want them to just be kids and enjoy their childhood. This is our way to try and help make their lives easier and show them that people care."

Jesse James, 6, a young girl who lives aboard the air station, regularly attends the daily lunch with her brother and sister.

"The food is really good and healthy," said James. "There is never any soda or candy inside the lunches. Instead, there are vegetables and a piece of fruit. Eating healthy like this helps your body grow."

Aside from the children receiving the lunches, teenagers help by handing them out.

"The teens like helping and being able to give back to the younger kids in the community," said Lorraine Simpson, the school age care program supervisor with the youth center. "The teens who volunteer also receive credit for



(From left to right) Liana James, Hannah Dunbar, Ryan James Jr. and Ariana James enjoy a daily free lunch July 15 at the Youth Sports Complex. The MCCS Miramar Child, Youth and Teen Center's Summer Food Service Program gives away free lunches everyday at lunchtime to kids from 2 to 18 years-old at the Youth Sports Complex. James is a volunteer with the center and hands out lunches daily to other kids in the community.

*Cpl. Travis V. Easter*

community service, which is counted toward their local graduation requirement. So the program is helpful to kids who volunteer and come out to eat."

Hannah Dunbar, 12, has been a volunteer with the program since

the second week of summer and looks forward to meeting the other kids when handing out lunches.

"It's fun hanging out with the other kids," Dunbar commented. "Sometimes it just gets boring staying at home and watching TV."

Serving lunches to other kids and trying to get more kids to get lunch is pretty cool."

The program does not require registration or an application. Children who fall into the age range and have access to the air station can go and eat. Every child who gets a lunch must eat it at the Youth Sports Complex.

Parents are not allowed to eat any of the food if they bring their child to the lunch.

The program is funded by the U.S. Department of Agriculture and Food and Nutrition Services. The lunches are served every Monday through Friday until the program ends Aug. 27.

# Military CBRNE specialists train aboard M

**STORY AND PHOTOS BY  
LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

Chemical Biological Radiological Nuclear and Explosive experts from the Navy, Army and Air Force National Guard visited Marine Corps Air Station Miramar Monday with the purpose of training for the event of a CBRNE attack.

The service members completed the training as part of Exercise Golden Phoenix, a week-long event that took place here, Brown Field in San Diego and Scripps Memorial Hospital in La Jolla. The training joined military units with local, state and federal agencies and enabled them to practice different scenarios and test new equipment.

Throughout the training scenario here, airmen, sailors and soldiers from different units throughout the country worked together on the flight line to find out if an unknown substance posed a threat and to determine its origin.

"We had a CH-46E carrying several detained individuals with backpacks," said 1st Sgt. William F. Gent, the unit first sergeant with the 102nd Weapons of Mass Destruction

Civil Support Team, a National Guard unit based out of Salem, Ore. "It was determined that the individuals were not carrying drugs, but an unknown substance was found in addition to several vials the detainees dropped while aboard. What we're doing now is setting up an area of operation to begin assessing the threat."

Service members arrived from installations throughout the country, from the Navy Environmental and Preventive Medicine Unit Five based out of Naval Station San Diego to the Biological Detection and Research Department of Naval Medical Research Center Bethesda, Md.

"This training is about practicing for the event of an attack and collecting information for other services to use," said Chief Petty Officer Jared Fanning, a medical information collector with the Medical Lessons Learned Center, Naval Operational Medicine Institute, Pensacola, Fla.

"With the information we gather we can empower corpsmen, medical officers and other individuals who might need this information."

The service members unloaded their gear from vans, trailers and trucks, setting up decontamination stations, centrifuges and other pieces of lab equipment the service members could use to examine samples.

The service members received their situation brief after setting up the labs and equipment. During the brief the service members reviewed how the reconnaissance team would survey the contaminated area and each role of the individual present.

Three guardsmen with the 102 WMD CST donned plastic protective suits and headed to the contaminated site to begin reconnaissance.

After scanning the helicopter for any sign of a chemical, biological, radiological or nuclear threat, the soldiers retrieved the vials and returned to the lab for decontamination and to analyze the samples.

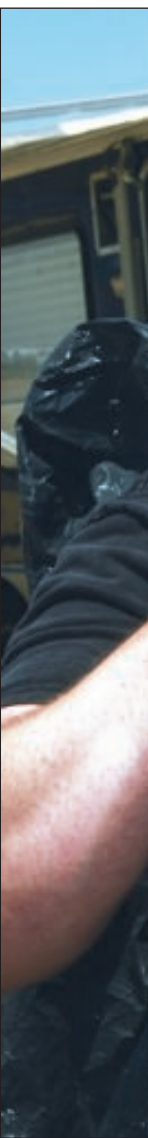
"When we obtain a sample we run a series of biological detection tests to narrow down the possibilities of what the substance could be," said Petty Officer 1st. Class George Odom, the leading petty officer with the Biological Detection and Research Department of Naval Medical Research Center Bethesda, Md. "With the help of the Polymerase Chain Reactor, it will break down the chemical composition of the substance and help us figure out what substance we are dealing with."

Corpsmen with the medical department of Marine Aircraft Group 46, 4th Marine Aircraft Wing, stood ready

National Guardsmen with 102nd Weapons of Mass Destruction Civil Support Team, a National Guard unit based out of Salem, Ore., prepare to enter CH-46E, provided by Marine Medium Helicopter Squadron 764, Marine Aircraft Group 46, 4th Marine Aircraft Wing, during training aboard the station flight line Monday. The soldiers joined Navy units from around the country to practice decontamination scenarios as part of Exercise Golden Phoenix.



Navy Lt. Stewart Bullock, a microbiologist with the Biological Detection and Research Department of Naval Medical Research Center Bethesda, Md., performs chemical tests on an unknown substance during training at the flight line with other branches of service, Monday. Bullock has a number of tools at his disposal to help him analyze and determine the origin of the unknown substance including an Enzyme-Linked Immuno-Sorbent Assay (ELISA) which breaks down the substances' DNA.



Army Staff Sgt. Destruction Civil Support Team, a National Guard unit based out of Salem, Ore., during training aboard the station flight line Monday. The man is wearing a mask to protect him from chemical threats.



# MCAS Miramar

to provide medical assistance while the soldiers assessed the situation inside and outside the helicopter.

"When we are dealing with a potential health threat our medical department is here to determine the cause of any illness related to a chemical, biological, radiological or nuclear agent," said Navy Cmdr. John Western, the executive officer with the medical department of MAG 46, 4th MAW, here. "We then treat the patient and prevent further contamination. We are also learning a lot about the agents themselves."

Biochemists and field medics with NMRC Bethesda and 102 WMD CST analyzed the unknown substance retrieved from inside the helicopter.

"It may take a couple hours to get a result," said Sgt. 1st Class Kelly Waldien, the medical non-commissioned officer-in-charge with 102 WMD CST. "Having these labs on wheels enables the military to react to a threat and find out what the substance isn't faster than if we were stationary."

The service members reviewed the training event and geared up for departure. After completing the training here, the units practiced decontamination scenarios at Brown Field and Scripps Memorial Hospital adding to their experience and knowledge about a CBRNE attack.



Ryan H. Siggins, a survey team member with 102nd Weapons of Mass Destruction Civil Support Team, a National Guard unit based out of Salem, Ore., clears a seal while donning a protective suit aboard the station flight line. The task will help provide oxygen to Siggins while the suit's seal will protect him from chemical and biological threats in the environment.



Army Staff Sgt. Ryan H. Siggins, a survey team member with 102nd Weapons of Mass Destruction Civil Support Team, a National Guard unit based out of Salem, Ore., places markers to designate where the survey team discovered several vials containing unknown substance aboard a CH-46E. Throughout the week, the service members performed a series of decontamination scenarios with local, state and federal agencies.



A National Guardsman with 102nd Weapons of Mass Destruction Civil Support Team, a unit based out of Salem, Ore., scans a soldier's protective suit for any signs of hazardous materials during the decontamination process while training aboard the station. To begin decontamination, the individual washes with a water and soap solution.





*submitted by Staff Sgt. Austin Stokes*

**MIRA MESA, Calif.** - (From left to right) Sgt. Jeremy Rankin, Staff Sgt. Austin Stokes and Cpl. Joe Moffett, with MALS-11 at the time of the event, run with children from Sandburg Elementary School during a 2008 Jog-O-Thon April 4. The squadron has been volunteering with the local school for more than two years, participating in physical education and personal mentoring.

## 3rd MAW Marines lend a helping hand to local children

**MC3(SW) ADAM HENDERSON**  
Correspondent

Many kids spend their summer time playing and enjoying the break from school.

After a long school year consisting of long days and countless hours of homework, summer break is a well deserved three months in the sun.

For the past two years, students with Sandburg Elementary school haven't been the only ones getting released from the school for the summer.

Marines from Marine Aviation Logistics Squadron 11, Marine Aircraft Group 11 (reinforced), 3rd Marine Aircraft Wing, used Fridays as a day to volunteer at the school and help out during the school year.

Marines spent their time conducting physical training sessions and mentoring students in kindergarten through fifth grade.

"It's fun to interact with the kids and to know they look up to you, not only as a role model, but also as a Marine," said Staff Sgt. Austin Stokes, staff non-commissioned officer-in-charge with MALS-11 parafo. "It's nice to watch them develop and also grow a friendship with

them throughout the year."

The Marines spent about two hours with the kids during each visit. One hour was dedicated to physical training and the second was for mentoring children that needed extra help with school work.

"It seems like a lot of the kids not only need a role model, but more of an older friend to look up to," said Lance Cpl. Adam Kelly, a flight equipment technician with MALS-11. "The kids look forward to hanging out with Marines because they only see us either leaving or returning. So they cherish the time with us when we go out to the school."

According to Gunnery Sgt. Joseph Barr, the aviation life support systems division chief with MALS-11, the volunteering partnership allows participants on both sides to learn from one another.

"Volunteering at the school is a great opportunity for both the Marine and children to interact with each other learning companionship and friendship," said Barr.

For more information on volunteering, contact Staff Sgt. Austin Stokes at 858-577-9152.





Lance Cpl. Austin Goacher

(From left to right) Lori Malmgren, a co-director of the Navy Marine Corps Relief Society Thrift Store, Lt. Col. Dan E. Dowse, the commanding officer of Headquarters and Headquarters Squadron, and Lisa Woods, a co-director of the store, cut a red ribbon symbolizing the reopening of the thrift store here Tuesday.

# Grand reopening gives thrift store more space

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

The Navy Marine Corps Relief Society celebrated the grand reopening and dedication of the thrift store here Tuesday.

The store began relocating to another section in building 6275 earlier this month.

The reopening signals the beginning of a new era for the store, according to Lisa Woods, the co-director of the store. The new location features nearly three times more space.

"It feels good to be open again," said Woods. "It was a lot of work getting moved to the bigger space but it's completely worth it."

The added space allows not only for more items to be sold through the store, but more customers can be in the store at a single time.

"It's awesome that the store has expanded into a larger facil-

ity and it's a testament to the hard work and dedication of those associated with it," said Lt. Col. Dan E. Dowse, the commanding officer of Headquarters and Headquarters Squadron.

The store offers a variety of donated items at a low cost for service members and their families, explained Woods.

"I come here to shop for children's clothes," said Melissa Chilson, the wife of a Marine here. "It used to be really cramped, but now I can fit

my stroller in the aisles and there is still room for other customers."

The store will continue to maintain its normal business hours of 11 a.m. to 1 p.m. Tuesdays and Thursdays for Department of Defense identification card holders. Active-duty personnel can shop in the store as long as NMCRS volunteers are present at the store.



# Blue Angels add 3rd MAW Marine to team

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

As a child, Maj. Christopher J. Collins, currently a pilot with Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11 (Reinforced), 3rd Marine Aircraft Wing, knew he wanted to fly.

"I've wanted to be a pilot since I was eight years old," said Collins. "I started flying when I was 12. I paid for my flying lessons with money I earned mowing yards. I could only pay for about one hour of flight time a week."

His love for flying continued to grow as he got older, one day while in college he saw the Blue Angels perform at an air show.

"I was attending Norwich University in Vermont when I saw them perform," said the 33-year-old. "They inspired me to do better. It's probably because of the Blue Angels that I'm doing what I do today."

After earning his naval aviator wings, Collins excelled as a pilot, explained Capt. Daron A. Youngberg, an F/A-18 pilot with VMFA(T)-101.

"He's an all-around superb pilot," said Youngberg. "While we were in Marine Fighter Attack Squadron 323, we deployed together. He was one

of my mentors while I was there."

Collins excellence as a pilot and determination to better himself led him to apply for a position as a pilot for the Blue Angels.

"Once I had flown enough hours in an F/A-18 I applied for the team," said Collins, a native of Darien, Conn. "The first time I applied, I was a finalist for a position but I didn't make the team."

Rather than giving up, Collins continued to pursue his dream.

Collins applied for the team again hoping to fly with the 2009 Blue Angels team. He began the process by attending the team's first air show of the demonstration season aboard Naval Air Facility El Centro, Calif.

"When you put in your application, you go to all the briefs and spend time talking with the pilots," said Collins.

Applicants attend several air shows while the team determines which pilot will make the best fit, explained Collins.

"Eventually, they narrowed the group of applicants down to five finalists," said Collins. "This year there were two pilot slots they were looking to fill."

As in the previous year, Collins was named as a finalist for the team.

Finalists spend five days in



Lance Cpl. Austin Goacher

Maj. Christopher J. Collins, a pilot with Marine Fighter Attack Training Squadron 101, will depart Marine Corps Air Station Miramar for training as a Blue Angel in September. Collins will spend his first few months as a Blue Angel attending air shows and working with the current pilots before taking the controls of a blue F/A-18 Hornet in November.

Pensacola, Fla., while the team makes their final decision, explained Collins.

"After you get back from 'finalist week,' they give you a time to call and find out whether or not you made the team," said Collins. "My time was on Friday morning. When I called, I spoke with the commanding officer of the Blue Angels for a while, before he

put me on speakerphone so the whole team could welcome me as a new member."

The news took several days to sink in, according to Collins.

"I'm excited to be able to fly for the Blue Angels, because it's something that's always been in the back of my mind that I wanted to do," he said. "I want to do for someone else what the team did for me. I

would love to inspire someone to be better."

Collins leaves to join the team in September to carry on the long and looks forward to representing the Marine Corps as a pilot.

For more information on the Blue Angels and their upcoming performances, visit [www.blueangels.navy.mil](http://www.blueangels.navy.mil).





Lance Cpl. Christopher O'Quin

Joyce Mendez, a volunteer with the Vacation Bible School aboard the station, leads a group of children in worship songs Monday. Throughout the week, children played games, made arts and crafts and participated in a number of events geared toward teaching the children about the Bible.

## VBS comes to Miramar

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

More than 100 children attended Vacation Bible School, hosted by Marine Corps Air Station Miramar's chaplain's office, this week.

Throughout the week, children, ages 5 through 15 participated in arts and craft, played group games and learned scripture verses from the Bible.

"The Chaplain Corps puts this together each year to teach spiritual values and humanity to children of service members," said Navy Lt. Michael A. Chester, the Protestant chaplain with Headquarters and Headquarters Squadron, Marine Corps Air Station Miramar. "VBS brings religious principles from all backgrounds, no matter what your denomination is. The moral values are universal."

The week-long session began with children and volunteers gathering in the main chapel to sing worship songs. After being split into different groups, the children left for different activities. Some made snacks, others played games on

the chapel lawn and others acted out scenes from the Bible, dressed as characters.

"VBS stresses corps values and teaches the children how to share and be responsible," said Chester. "Kids will compete in push-up contests, participate in devotion and play games emphasizing team work. Parents are also welcome to join us and have fun time with their child."

Local church members and Marines from different squadrons aboard the station volunteered their time to help set up and supervise.

"I've always wanted to do a little extra volunteer work and this is a good chance to have a positive impact on the children attending," said Sgt. Oliver Ventura, an armorer with Headquarters and Headquarters Squadron.

VBS ends today with a barbeque, games and other activities.

"It's good for the children to learn something new about God," said Gladys Lomeli. "Now that my kids are out of school for the summer it's better for them to be here."



Tim Stearns, a trainer at the Semper Fit Center, coaches a Marine during the TRX Challenge in front of the MCCA Miramar Sports Complex July 17. Stearns coordinated the challenge to help spread the awareness of the fitness center's new piece of equipment.

# Marines tackle TRX challenge

**CPL. TRAVIS V. EASTER**  
Combat Correspondent

Twenty Marines participated in the total resistance exercise challenge at the Miramar Sports Complex July 17 as part of the 101 critical days of summer combat fitness challenge.

The challenge allowed Marines to gain a better understanding of the TRX Suspension Trainer System while getting a good workout, according to Tim Stearns, a fitness trainer supervisor at the Miramar Sports Complex.

"It's a good tool to use if you want to add variety to your workout," said Stearns.

"Marines can take one anywhere they want whether it's deployment, TAD or unit PT."

The challenge consisted of Marines completing stability exercises with the TRX system in front of the sports complex. Marines placed their feet in straps that hung from the pull-up bars while staying in a push-up position. Marines had to complete a push-up and then bring their knees to their chests to count as a full repetition. The challenge gave participants a quick and intense workout.

"That was rough," said Sgt. Jenö Jorgensen, with Combat Logistics Company 11, the challenge winner after completing 52 repetitions. "My shoulders felt completely burned out after 40 of the reps. Using the TRX gives you a total upper body workout. It's a pretty useful tool and I think that everybody should use it."

"All of my muscles started going weak toward the end," said Lance Cpl. Justin Caylor, a participant who completed 31 repetitions. "I've never done it before. My biceps feel like they've been worked the most. I

think the biggest factor in the exercise centers around the rhythm you have when completing the repetition. That plays a big role in how many reps a person will do and the muscles they work."

The TRX system focuses on suspension training. Suspension training builds superior muscular balance, joint stability, mobility, and core strength to help people perform better in any sport, according to [www.fitnessanywhere.com](http://www.fitnessanywhere.com). It also improves posture and prevents injuries.

"When hanging from the pull-up bars, the exercises work on core stabilization," said Stearns. "A Marine has to be able to sustain spinal alignment when trying to complete the exercise. It challenges your core muscles in a different way."

To use the TRX system, check it out at the main desk at the gym or call 858-577-4129 to schedule an appointment with a trainer.



## FRIDAY 25

• All-you-can-eat fish fry  
Fridays for \$7  
11 a.m. - 1 p.m.  
Legends Sports Grill

• All-you-can-eat BBQ  
Fridays for \$8  
4 - 7 p.m.  
Legends Sports Grill

• Crabfest  
5:30 - 8:30 p.m.  
Officers' Club  
858-577-4808

• Now - Aug. 1

Youth beach volleyball  
registration ages 8 - 18  
858-577-6959

## SATURDAY 26

• Sea World trip for enlisted  
service members  
8:15 a.m. departure  
858-577-6171

• L.I.N.K.S session  
9 a.m. - 4 p.m.  
LINKS House  
858-577-4810

• Now - Aug. 1

Youth baseball, T-ball,  
girls softball  
registration  
\$45/person  
858-577-6959

### Shop at the MCX!

Back to School Sale - July 30 - Aug. 5  
Parking lot appliance sale August 2 - 3

• Inflatable paintball megarena open, 10 a.m. - 5 p.m.  
lot east of the 50-meter pool, 619-228-4446

## SUNDAY 27

• Protestant  
worship service  
9 a.m.

• Roman Catholic  
Eucharist  
11 a.m.

• Military bride  
wedding gown  
giveaway  
11 a.m. - 4 p.m.  
Officers' Club

## MONDAY 28

• Alcoholics  
Anonymous  
12-step study group  
6:30 p.m.  
Counseling Center  
858-577-6585

• Happy hour buffet  
5-8 p.m.  
Legends Sports Grill

• Now - Aug. 15  
Start Smart Golf  
lesson registration  
ages 5 - 7, \$50/6 lessons  
858-577-6959

• July 28-Aug.1  
British Soccer Camp  
ages 3-15  
Mills Park  
858-577-6959

## TUESDAY 29

• QOL Golf  
2 hours after twilight  
free for Miramar active duty  
858-577-4155

• Adecco Staffing Agency Visit  
9 a.m. - 12 p.m.  
Career Research Center  
858-577-6710

• Intramural frisbee/flag  
football league starts  
11:15 a.m. & 12:15 p.m.  
858-577-1202

• Ping Pong tournament  
11:30 a.m. & 7 p.m.  
The Great Escape  
858-577-6171

• Happy hour buffet  
5 - 8 p.m. Legends Sports Grill

## WEDNESDAY 30

• Free golf clinic  
Active duty service members  
11:30 a.m. - 1 p.m.  
Golf Course, 858-577-4155

• Intramural Basketball coaches  
meeting  
11:30 a.m.  
Semper Fit Center  
858-577-1202

• 101 Days of Summer  
Doubles 8-ball  
6 p.m., The Great Escape  
858-577-6171

• July 22-Aug.7  
Junior golf clinic  
Tues. & Thurs.  
3:30 - 4:30 p.m.  
Golf Course \$85 fee  
858-577-6959

## THURSDAY 31

• Summer reading program  
"Insect Party" 11 a.m.  
Library, 858-577-6316

• 101 Days of Summer  
Strong Man competition  
11 a.m. - 1 p.m. Main Gym field  
858-577-1202

**MCCS Free Prize  
Giveaways  
Entertainment  
Ticket Office:**  
Universal Studios  
Hollywood gift  
pack

**Golf Pro Shop:**  
Round of golf for  
four with two carts  
Stop in and fill out  
an entry form  
today!  
Winner will be drawn  
July 31

July 28-31 TAMP/TAP regular transition class 7:15 a.m. - 4:30 p.m. The Hub 858-577-6710

Weekly  
Events...

- Marine teen training - Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teens - M, T, W 858-577-6959
- Spouses' deployment support group - Fri. 858-437-7841

Don't  
Miss...

- Accenture's "Operation Military Kids" - Aug. 2
- Drug-free run Miramar Sports Complex - Aug. 6
- Military Appreciation Day/ San Diego Chargers - Aug. 8
- Miramar Air Show Golf Classic - August 27

## "Providing over 100 programs for you and your family"



- ★ Marine & Family Services
- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
- ★ Free Special Events
- ★ Dining & Clubs
- ★ Shopping & Services

**"Serving Those Who Serve"**  
[www.mccsmiramar.com](http://www.mccsmiramar.com)

### Start Smart golf lessons

Sign your child up for Start Smart golf lessons. These lessons are for children ages 5 - 7 years old. All equipment is provided and all lessons will be held at MCAS Miramar. Cost of the six lessons is \$50.00 and will be held on August 16, 23, 30, Sept 13, 20 & 27 from 9 - 10 a.m. Call 858-577-6959 to register or for more information.

### Bridal gown giveaway and bridal fair

Are you a military bride-to-be or a current military bride planning your dream wedding soon? If so, then stop by the free bridal gown giveaway and bridal fair presented by Mon Amie Bridal Salon. This event will be held Sunday, July 27 from 11 a.m. - 4 p.m. at the MCAS Miramar Officers' Club. You will get the opportunity to sample food and wine, win free prizes and gifts and interact with preferred wedding vendors. All attendees will receive a copy of "Your Perfect Wedding at MCAS Miramar." Visit [www.mccsmiramar.com](http://www.mccsmiramar.com) and print out a copy of the event flyer for gown giveaway information. If you have additional questions not answered on the flyer, call 858-577-6365 for more information.

### 101 days of summer - strongman competitions

Test your strength with the 101 Days of Summer Strongman Competition. This competition will be led on July 31 from 11 a.m. - 1 p.m. at the Miramar Sports Complex Field #2. Events will include a tire flip, dumbbell carry, disk throw and weighted sled drag & pull. Male divisions include: 150 lbs. and under, 151 - 199 lbs., 200 lbs. and above. Females have one division. Awards will be given for 1st, 2nd and 3rd in each division. Call 858-577-1202 to register or for more information.



### Military Kids Family Day

Operation: Military Kids Family Day will take place at the Bob Hope Theater Aug. 2 from 11 a.m. to 4 p.m. Backpacks of school supplies will be given to the first 600 kindergarten through eighth grade students. Other activities include a petting zoo, face painting and balloon animals.

### Gulls vs. Military

San Diego's Pro Hockey team reunites for a one-time military tribute exhibition game August 16 at the San Diego Ice Arena in

## ANNOUNCEMENTS

Mira Mesa. Cost is \$5 and 100 percent of donations will proceed injured vets support groups.

### Band OJT

The 3rd MAW Band is currently looking for Marines who play musical instruments to participate in on-the-job training. For more information on the program, contact Staff Sgt. David Morrell at 858-577-8301.

### Annex Gas Station Changes

Beginning August 1st credit and debit cards will be the only form of payment accepted at the



annex gas station. Cash and/or STAR card transactions will no longer be permitted. There will also be no tobacco or motor oil sold through the cashier booth. The main gas station will be accepting all forms of payment.

### Lincoln Military Housing

Lincoln Military Housing is available for all active duty service members. Please contact Christine Davis at (619) 556-7667 for information on base housing or any events hosted by Lincoln Military Housing.



### WHAT'S PLAYING... AT THE BOB HOPE THEATER

#### Fri. July 25:

Indiana Jones and the Crystal Skull (PG-13) 6:30 p.m.  
\*Sex and the City (R) 9:00 p.m.

#### Sat. July 26:

Indiana Jones and the Crystal Skull (PG-13) 1:00 p.m.  
Kung Fu Panda (PG) 6:30 p.m.  
Incredible Hulk (PG-13) 9:00 p.m.

#### Sun. July 27:

You Don't Mess with the Zohan (PG-13) 1:00 p.m.  
Free Advance Screening: Tropic Thunder (R) 6:30 p.m.

#### Wed. July 30:

Get Smart (PG-13) 6:30 p.m.

#### Thurs. July 31:

Incredible Hulk (PG-13) 2:00 p.m.  
The Love Guru (PG-13) 6:30 p.m.

\* indicates last showing